WOMAN'S HOME PAGE

OCHARLES DWYER ... Editor. APPETIZING WAYS OF SERVING WINTER FOOD

PREPARING AND DRESSING POULTRY AND GAME

Seasonings Favored by Epicures

In choosing poultry, age is given the first consideration. A young fowl has soft feet, smooth skin and soft cartilage at the end of the breast-bone. After the fowl is about a year old, the cartilage hardens into bone and the feet become hard and dry, with coarse, scaly cover-ing and strong spurs. Pin feathers in-dicate a young fowl; hairs an older one.

In roasting poultry of every kind there are three very important points which in crumbs must be carefully observed. First, al- to a bird. ways have the oven very hot at first, then finish the cooking at a moderate temperature; the intense heat sears the surface and closes the pores, so that the nutritive juices are all sealed within. Second, never submerge in much water, or the water will draw out the juices; for this reason the fowl should rest on a rack in the baking pan. The rack should be smaller than the pan, to admit the free use of the spoon in basting. Third, never stick a fork into the fleshy part of the fowl in turning, as this an opening for the juices to

Chickens, ducks and geese are roasted in the same way as turkeys, the time required varying according to the age of the fowl. Spring chickens and ducks require about an hour. When about a year old from two to three hours. A year old from two to three hours. "green" goose (which is about four months old) is choicest for roasting. If about a year old, the goose should be braised or steamed until almost tender, allowing from two to three hours, then browned in the oven, basting frequently.

Seasoning Fowl

To season ducks and geese, rub well with salt, pepper and ginger, both inside and out. If liked they may also be rubbed, before other seasoning is added, with the cut side of a clove of garlic or half an onion. A clove of garlic may also be added to the liquid in the pan during roasting to flavor both meat and gravy. Ducks and geese are sometimes stuffed with sliced apples or several onions and a head of celery, but as such stuffing is supposed to absorb the naturally strong flavor of these fowls, it is not intended for serving. Serve apple or gooseberry sauce with ducks and

bread-crumbs, one-fourth cupful sugar, one teaspoonful salt, one-half teaspoon-ful cinnamon, and one-fourth teaspoonful pepper. Take from fire, mix thoroughly, cool and add one beaten egg. Season more, if needed, according to

Roast wild duck should be cleaned Roast wild duck should be cleaned and trussed the same as domestic duck. Rub with salt and pepper. Before roasting, tie very thin slices of bacon over the breast. Bake in a very hot oven, basting every five minutes with the fat in the pan. The time required in cooking is from twenty minutes for rare to forty minutes for well-done birds. Bread stuffing seasoned with sage, onion, or both, is used if stuffing is desired. Small squares of fried mush or fried hominy garnished with currant jelly are nice to serve with ducks.

moistened with the liquid in the pan.

*Petted Squab

Squabs are procurable at any season of the year and they may be roasted, broiled or smothered as directed for quail. Another favorite way is "potted."

The birds are left whole, stuffed and then browned in a little butter, turning as needed. Then add a little water, cover closely and simmer until done. When done, which will require about an hour, thicken liquid, pour over toast and serve a bird on each slice.

HE term poultry includes all domestic birds used as food, excepting pigeons and squabs, which are classed as game.

The term game is applied to animals and birds which are pursued and taken in field and forest, such as quail, partridge, wild duck, deer, etc.

Quails should be dry-picked, carefully drawn and cleaned. After a thorough washing rub with salt and pepper. Leave whole for roasting and roast as other fowl, allowing from forty minutes to an hour for cooking. Fill with cither bread, oyster or peanut stuffing and serve on slices of toast, moistened with the grave in the pan Rice cro-

To make oyster stuffing season two cupfuls fresh bread-crumbs with salt and pepper, add one-third cupful melted butter and one cupful oysters, cleaned and drained from their liquor. Or fill the birds with oysters dipped in cracker-crumbs, then in melted butter and again hs, allowing about three oysters

To make peanut stuffing, remove skin covering and finely chop sufficient roasted or salted peanuts to measure half a cupful, add one cupful cracker-crumbs, salt, pepper and cayenne to season, two tablespoonfuls melted butter and one-half cupful rich cream. A few drops onion juice may be added, if liked.

the juice of spinach boiled, strained and sweetened. Whip to a stiff froth another pint of sweet cream, flavor to taste and pour around the cake and pile over all the whipped cream.

Cream Pufs

This formula, which has been tested again and again, makes two dozen cream puffs and, if directions are care-

Cuts of venison correspond to those of mutton. Roast leg of venison the same as leg of lamb. Roast saddle of venison the same as saddle of mutton. Venison steaks and cutlets are prepared as beefsteak. Serve venison rare with as possible. Arrange in a well-but alone the entertainer to whom this method.

Sweet Potatoes and Pork

tity of sweet potatoes and moisten with butter and egg. With them cover the bottom of a deep dish, then put on a Who

We Floating Island

For this delicious dessert have a round sponge cake or a pound cake that will weigh about one and one-half pound. Slice this down almost to the bottom, but do not take the slices apart. Stand the cake upright in the center of a glass bowl or a deep dish. Sweeten and whip a pint of rich cream tinted green with the juice of spinach boiled, strained and sweetened. Whip to a stiff froth another pint of sweet cream, flavor to taste and pour around the cabo

fully observed, there can be no such Quail to be broiled or smothered should be split down the back, then laid open. To broil them, rub with salt and pepper, brush all over with melted butter the fire and boil one minute. stirring



KIDNEYS AND PEAS

or gooseberry sauce with ducks and geese and place in a well-greased broiler. Broil about ten minutes over a clear fire, about ten minutes over a clear fire, watching carefully to prevent burning, and turning broiler so that all parts may be equally brown. When done, remove to a hot platter and serve on toast, or one fiver of the fowl, finely chopped, and cook, stirring constantly, several minutes; then add a quart of sliced apples. Cover and cook until apples are soft, then add one cupful raisins, one and a half cupful currants, one cupful sugar.

To smother quail, season with salt and To smother quail, season with salt and

pepper, put into a dripping pan, skin side up, brush with melted butter, dredge with flour, add a little boiling water and put into a very hot oven. After about ten minutes reduce the heat, baste every five minutes until done, which will require about forty minutes. Turn as needed to brown all over. Serve on toast moistened with the liquid in the pan.

Boneless Birds
One of m which I have s friends is "bot tenderloins are that is, cut is bread dressin placing a port the tenderloin wooden with the tenderloin wooden."

and place in a well-greased broiler. Broil constantly. Stand aside until perfectly

which I have surprised and pleased many friends is "boneless birds." Take pork tenderloins and have them frenched, that is, cut in round slices. Make a

tered baking-dish, and pour stock over od of cookery commends itself; the them; cover the dish and bake in a mod-Boil, peel and mash a sufficient quanleast oven one hour. If you lack stock chop a most appetizing appearance by place a piece of butter on top of each serving it planked; it will be found far onion and baste frequently with hot preferable to the so-called broiled meats When Madame of the Twentieth the full flavor and nutrition.

ooked in the gas range, preserving to

bottom of a deep dish, then put on a layer of slices of fresh pork sprinkled with minced sage or marjoram. Next another layer of mashed sweet spotatoes, then another of the pork and so on until the dish is full. Finish with a layer of sweet potato and bake brown on the surface.

A New Fleating Island

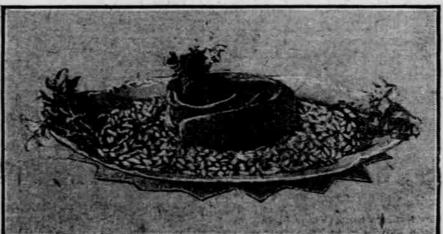
Every third delicities descent have a round.

When Madame of the Twentieth Century wishes to serve something novel at a company luncheon or breakfast she orders that something planked. It may be a steak or fish of some sort, "broilers," chops, or if the function be a Lenten one, perhaps eggs will be used. The lation on the surface.

A New Fleating Island

Every third delicities descent have a round.

Somehow a planked dish breathes of



AN APPETIZING WAY OF SERVING BOILED TONGUE

board that satisfies Madame's desire for novelty with which to surprise her novelty with which to surprise her the center, the latter being preferable. They can be bought with clips or wires sense. For there is something very zestful, if almost ludicrous, in the appearance of the scorched plank, so sharply accentuated in its contradistinction to the immaculately laid table aglitter with up-to-date table furnishings.

While no one seems to know positively just where or by whom this method of cooking was first practised, it is generally ascribed to the Indians. In an old history of Virginia, allusion is made to the custom as followed by the ab-origines. Probably the hunter, the fisherman, the camper living in the wilder-ness copied the method from their In-dian guides and handed it down from generation to generation, until to-day it is recognized as the most notably perfect method for cooking fish and certain cuts of meat.

Successive generations of Southern colored "mammies" always cooked their corn-bread on a plank before the fire, and it is reasonable to suppose they got the idea from the red man.

A well-known writer on things domes-One of my choicest recipes with tic, a Virginian by birth, has this to say which I have surprised and pleased many riends is "boneless birds." Take pork friends is "boneless birds." Take pork tenderloins and have them frenched that is, cut in round slices. Make a bread dressing as for poultry, and placing a portion between two slices of the tenderloin hold them together with wooden toothpicks. Scason with salt and pepper, fixing as many as are needed for the family. Lay a piece of salt pork over each side and bake a rich brown. They will look very much like squabs and have the flavor of game. After each is served the toothpicks can be removed. This is a novel and pleasing dish.

Stuffed Onions

Take pork tenderloin hold them frenched that is, cut in round slices. Make a polar polarity and side of the millennium, such johnny-cake white side of the millennium, such johnny-cake bide of the millennium, such johnny-cake white side of the millennium, such johnny-cake white side of the millennium, such johnny-cake bide of the millennium, such johnny-cake white side of the millennium, such johnny-cake bide of the millennium, such johnny-cake white side of the millennium, such johnny-cake the side of the millennium, such johnny-cake white soul a generous rest on a large, napkin-cawered tray or plantk, which can treat on the plank, which can treat on a large, napkin-cawered tray or plantk, which can treat on the plank is in percent that a cappon of the time who it a generous rest on a large, napkin-cawered tray or plantk, which can treat on the plank is nor the degrees of the plank, which can treat on the plank, which can treat on the plank, which can treat on the plank,

either grooved or slightly hollowed in times it will have to be brushed with oil Brush with melted butter, make

PLANKED FOOD

The "Old Virginia" Fashion of Cooking, Beloved by All Who Know It

Wipe the fish with a damp cloth and then pat it with a dry one, brush it on both sides with melted butter, sea- Many women

for about ten minutes. Then carefully turn it and cook for about twenty min-utes longer, basting frequently with a mixture of one-third of a cupful of butter, tablespoonful of lemon juice and a dash of cayenne. Send to the table gar-nished with parsley, and with lemon cups holding a savory chopped pickle.

very hot oven. After leaving ten or twelve minutes, draw the tacks, turn, and tack it again in place, returning to the oven for another ten minutes' cook-This can be garnished with rice or potato cakes, latticed potatoes, little string beans or peas. Lamb or mutton chops can be cooked in the same way as the steak, an added savoriness being given by basting them quite often while cooking with a well-seasoned tomato

Tacking meats to the board is not really necessary when the cooking takes place in an oven, but it is pleasantly reminiscent of the days when the board was propped before the open fire and the food had to be tacked to keep it from

slipping off.
Now for our bonne bouche-poached eggs. Prepare the necessary amount of well-seasoned, creamy mashed potatoes. With a pastry bag and tube cover the board with wreaths of the potato puree.

lake trout, halibut, or any large, white-fleshed fish are equally good. For our demonstration lesson we will take a lake ful of cream-of-tartar, one small break-Scale and cut it open the entire length down the middle; with a very sharp knife loosen the back-bone until you can take hold of it at the neck and draw it break when taken out.

Many women can mix an excellent soning with pepper, salt and lemon juice.

Set the plank in the oven until it is heated through, then fasten the fish to it, skin side up, with the clips or tacks.

Place the plank on the upper grate, in a very hot oven, and let the fish cook for about ten minutes. Then carefully to choose boxes not less than two inches deep, and three is better. Line each box with manila paper well gres pour in the batter, place a thorou greased manila paper over the box and put on the pasteboard lid; place the boxes in a slow oven and bake until the Planked Steak
Another culinary delight is planked steak. The steak ought to be a sirloin and cut about two inches thick. Rub it over with lemon juice and butter, tack it to the heated board and place in a slow oven and bake until the cakes are done through, no longer; this will require at least five hours. When baked in this way the cakes will come from the oven retaining the fruit flavor, with no hard crust or scorched atom about them, and they will cut into tempting, even slices of a convenient shape and size.

Turkey Baked With Milk

The following recipe has been handed down in our family for five generations. A noted French chef, when in Edinburgh, Scotland, was prevailed upon by some of the wealthy families to give their daughters a series of cooking lessons. The most delicious of all the recipes was for turkey baked in milk. It was brought to this country by them and has been used ever since by all the offshoots of our family. I have never seen it anywhere excepting in families who have eaten it at our table.

Make a stuffing of one-third potatoes finely mashed and seasoned, two-thirds bread-crumbs, one cupful of raisins or one and a half cupfuls if turkey is large, one-half cupful of butter, about one-half one-half cupful of butter, about one-half cupful of sugar; cinnamon, salt and pepper to taste, and last, two well-beaten eggs stirred in lightly. When the turkey is properly prepared and stuffed with this mixture, heat a pint of new milk and put in the dripping-pan with the turkey and bake, basting every fifteen minutes with the milk. Keep milk on the top of the stove to replenish the supply in the pan as needed. It will take from one to two quarts of milk. When done, remove the turkey and set the pan on top of the stove to boil a moment. The gravy will then have a curdled appearance, and is the most delicious gravy ever tasted. If the cooking has not been just right, and the gravy does not thicken, add a little cornstant and boil.

Boil four or five pounds of carrots, which have been washed, but not scraped. Cook until tender, which may take some hours, unless they are very young. Remove from kettle, peel, and cut out any dark spots. Run through the "grinder," dark spots. Run through the "grinder, set medium fine, or mash to a smooth pulp with the potato-masher. To every pound of carret pulp allow one pound of granulated sugar, six almonds, the rind of one lemon, the juice of two, and a scant half-teaspoonful of almond flavor—Put pulp and sugar together in preserving kettle, and bring to boiling point slowly. Boil steadily for fifteen minutes, stirring often, as it burns easily. Set to one side while you stir in thoroughly the grated lemon juice and rind, the almond extract and the sweet almonds (which have been blanched and cut in thin shavings). Cook all together for five minutes longer, and when cool put in jars and seal. This makes a delicious and unique marmalade.

Have a Definite Understanding Regarding All Labor Done.

Discourage Idlers Who Kill Time at Your Expense.

and unique marmalade.

THE NEW GOWNS

Adapting Old Garments to the New Models For This Season

gored, wide-spreading models, the woman wito holds persistently to the earlier style soon becomes herself an oddity amongst the newer types. Any fashion may be so modified that its extreme features are eliminated, while enough are retained to keep it distinctly within the newest mode. It is manifestly under the newest mode. soft material rather than full- previous season.

gowns herself in the newest and most striking style, regardless of its becomingness or suitability to her figure, and the other extremist, who clings to the old styles, is the woman of discrimination and judgment, who knows her own good and bad points, and chooses accordingly. This woman is the true economist, for she will always be well-gowned, and at the least expense.

The Flat Walls of the woman who most always into a costume, but the bolero models are taking on a new lease of life in this combination; not as a separate bolero, but the bolero lines.

The Bolero

These boleros are almost always in the project of the second strike in the second strik phasize every new point.

Midway between the woman who gowns herself in the newest and most

The imported gowns shown in previ-ous weeks contain the important stylefeatures of the spring and summer cos-tume, whether it be developed in broad-cloth or other of the favored woolen materials or in linen. Naturally, a trans-parent fabric will not be suitable. Many modifications suggest themselves for varying figure types, and to the eco-

HEN a radical change is nomically minded woman it would made in the fashionable figure outline, clinging skirts of the redevelopment of the costume of a

the newest mode. It is manifestly unfair to condemn a style from its display-models, which must necessarily emused for them, keeping to the color,

cordingly. This woman is the true economist, for she will always be well-gowned, and at the least expense.

The High Waist-Line

The high waist-line skirt, that certainly seems destined to last entirely through the year, should have the height of its top-line accommodated to the individual figure. So, too, must the shaping of the skirt from top-line to hips be regulated, defining more or less the waist-curve as each figure requires.

So long as one can command a looking-glass of even moderate size, and a hand-mirror, there is no excuse for a gown that is unbecoming, no matter what is the style of the day.

The Belero

These boleros are almost always braided or embroidered, or have trimmings applied to give these effects. Soutache, when applied flat, is very easily stitched on by using the braiding attachment that comes with the family sewing-machine. Only the manufacturers machines (especially arranged) can do the braiding that is stitched on only one edge, leaving the other standing up. The home dressmaker, if she wants to apply the braid in this manner, must sew it on by hand.

The new gowns show some of this soutache braiding, and, what is newer, the same sort of braiding done with the satin-covered cord that had a comparatively short vogue seven or eight years.

The make a disclosure and understand the matter of the control of

ATTRACTIVE MEAT AND VEGETABLE BALLS